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Are Canadian guns being sold to oppressors?

Buyers include nations with dubious human-rights records **PAGE 8**



I'M SORRY, DID YOU SAY PETER JACKSON?

FORMER LOST STAR SAID SHE WAS DONE WITH ACTING — UNTIL THE HOBBIT DIRECTOR GAVE HER A CALL **PAGE 15**

Quarters levy exceeding city's expectations

Revitalization tax. Municipal money used to encourage community investment paying off ahead of schedule



RYAN TUMILTY
ryan.tumilty@metronews.ca

Development in the Quarters is going better than the city expected, with the community revitalization levy (CRL) now set to pay back the city's investment years before the original estimate.

The Quarters was the first place where the city tried the CRL process, brought into place in 2011, with the goal of bringing new investment into the area.

As part of the CRL, the city planned to borrow \$56 million to improve roads, sewers and streetscapes, as well as to take other steps toward encouraging more development in the area.

As with the arena CRL, the idea is the city's investment encourages more investment, raising property-tax revenues and leading to more growth.

Mary Ann Debrinski, the city's director of urban renewal, said those investments are

paying off faster than the city thought possible.

"We have more now coming on stream than we originally thought in 2011," she said.

The project has been running at a deficit, with the city investing more money in the new projects than it was collecting in new tax revenues, but that is now expected to change in 2017, three years earlier than originally expected.

The project is also now expected to completely repay all previous years' deficits by 2020, which is five years ahead of the original schedule.

In addition to more development than they expected, Debrinski said the city is also paying lower interest rates than they originally assumed.

Debrinski said good numbers early in the CRL are positive, but that doesn't mean the city has been too conservative with its previous projections.

"If something like 2008 happens next year, which

Online

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you and I can't predict, it can change those revenue projections as well," he said.

Thim Choy, president of the Boyle Street Community League, who has a store in the Quarters, said he is seeing the change on the ground that the city is seeing in its financial statements.

"It has been up for development for a long time coming, but right now it is coming around good," he said.

He said the Quarters' redevelopment is going to allow more people to live and work downtown, which is good for everyone involved.

"It is called moving forward as a city," he said. "We need to see these things developed into a modern city."

Community development

"It is called moving forward as a city.... We need to see these things developed into a modern city."

Thim Choy, president of the Boyle Street Community League, on the development generated by the community revitalization levy in the Quarters, which is on pace to overcome a deficit three years earlier than expected



Cranes cut across the landscape Sunday afternoon on the edge of the Quarters neighbourhood, along Jasper Avenue. The city now expects a community revitalization levy in the neighbourhood to cover the investments in the area years sooner than expected. RYAN TUMILTY/METRO



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Canadian delegation

Redford travelling to South Africa for Mandela funeral

Alberta Premier Alison Redford, who worked with Nelson Mandela during the difficult transition from apartheid, joined the Canadian delegation headed to his funeral Sunday.

Redford joined Prime Minister Stephen Harper and several other current and former politicians in Ottawa before leaving for South Africa. Following his death last week, Redford said she remembers Mandela as a man of courage and patience amidst the violence of South Africa. As a lawyer before running for office, Redford worked for Mandela in the early 1990s as they strove to rebuild South Africa's legal system and lay the groundwork for the first all-race elections that led to Mandela becoming president.

She recalled how they would receive reports of factions on both sides violently attacking one another, trying to undo the process before it began.

"There were times when we were involved in constitutional negotiations where we were hearing about political fighting in townships where people were literally slaughtering each other because they were members of opposing political parties and he always believed that even though he knew that was going on, we couldn't let that become the agenda," Redford said. "The agenda had to be about constructive, long-term change. He wasn't doing this for today. He was doing this for the five-year-olds ... and the kids that hadn't been born yet."

THE CANADIAN PRESS



Edmonton Police Chief Rod Knecht believes the city can save \$170,000 a year if provincial sheriffs are contracted to provide prisoner transfer service rather than relying on police officers. RYAN TUMILTY/METRO

Alberta to ramp up sheriff training

Prisoner transfer.
EPS hoping provincial sheriffs can take on responsibility



RYAN TUMILTY
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Alberta will be running more classes for aspiring provincial sheriffs next year in an effort to keep up with the demands for officers.

"We normally do three sheriff classes a year. For 2014 we are going to do five of them," said Josh Stewart, a spokesperson for the Solicitor General.

Stewart said the province has seen pretty high turnover as officers leave the service, which means they are running short.

"One of the biggest challenges we have is we almost do too good a job with the sheriffs and we find we are losing some to the EPS, the CPS and the RCMP," he said.

Edmonton police had hoped to contract out prisoner transfers from their stations to the new Edmonton Remand Centre. The police service estimates that it would save them \$170,000 a year to have sheriffs do the transfer work instead of police officers. Stewart said the province would like to

help, which is part of why they are trying to get more sheriffs trained.

"We don't have a surplus of sheriffs that we can be contracting out right now," said Stewart.

EPS chief Rod Knecht said he hopes the province can get the sheriffs in place soon, because beyond just the financial hit, having police officers doing prisoner transfers is a bad use of resources.

"You have a fully trained police officer, that individual has had upwards of a year of training," he said. "I think the taxpayer would be better served if those people were out on the street."

Future cost: \$1.05M

- Prior to the closure of the old remand centre, Edmonton police officers could more easily transport prisoners through tunnels connecting the station with the jail.
- Edmonton police will spend \$1.05 million on prisoner transfers in 2014, to cover the costs of two vehicles and eight constables to do the work.

1 NEWS

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All for the sake of charity

'Tis the season. 'Can Man Dan' works to collect 16,000 pounds over 60 hours

In numbers

15,248

Pounds of food bank donations collected last year by Can Man Dan

Bitter cold temperatures were not enough to stop an Edmonton man from camping out in front of a west end Safeway grocery store this past week-end to raise money and donations for the Edmonton Food Bank.

Better known as "Can Man Dan," Dan Johnstone completed his third annual donation marathon at the Terra Losa location, spending three days and nights in temperatures as low as -40 C.

With a goal to collect 16,000 pounds of food, Johnstone said it is inspiring to see the number of residents who

make an effort to donate food during the holiday season.

"We get good results every time and it has become a well-known event here in Edmonton," he added. "It is very heartwarming to see all the generosity in this city."

With a total of 60 hours spent collecting donations, Johnstone said raising money for the local food bank is a cause he can identify with personally.

"My main goal with the whole Dan the Can Man creation is to feed hunger and poverty in Edmonton, because

I grew up with both (in a) single-mother household."

Johnstone said while his mother worked two jobs to feed him and his brother, they still struggled.

"Despite your best efforts, sometimes there is just not enough money to go around," he explained. "Some nights we would still go hungry and there was a lot of time we did use the food bank."

"The kind of commitment Dan demonstrates towards Edmonton's Food Bank is inspiring," said Edmonton Food Bank spokesperson Tamisan Bencz-Knight.

Debbie Nelson, a Sunday shopper, said she first heard of Johnstone on TV and felt motivated to donate.

"It helps to see him out here and suffering (in the cold)," she smiled.

LEAH GERMAIN/METRO



Edmonton's Can Man Dan Johnstone stands in front of donations he collected for the Edmonton Food Bank. Can Man Dan spent a total of 60 hours in front of an Edmonton grocery store collecting money and food donations. This is his third year camping out for the Edmonton Food Bank. LEAH GERMAIN/METRO

Local choreographer sheds light on dark places



Choreographer Jennifer Mensch inside a cave near Camrose. CONTRIBUTED

A local choreographer is hoping to bring the experience of being in a cave to Edmontonians through a new art installation.

Jennifer Mensch has launched a campaign on the crowd-funding website Indiegogo, aiming to bring her project Cavern to light.

Mensch and her team filmed a dance sequence inside a cave near Camrose and hope to project it on a

cave-like structure they will build and place in a local gallery.

Mensch said she wanted to create an installation that would bring people into caves.

"I was thinking about the psychology of how people who are very comforted in caves and people who are really terrified of them, because it seems like most people are one or the

other," she said.

Mensch added the project would be built so patrons could enter it and view the film in various parts.

Mensch said Alberta has more opportunities than many parts of the world for people to explore caves and she hopes her project can inspire more people to do it.

RYAN TUMILTY/METRO

Quoted

"I was thinking about the psychology of how people who are very comforted in caves and people who are really terrified of them, because it seems like most people are one or the other." Jennifer Mensch

Going up, coming down

Promotions, demotions seen in Alison Redford's cabinet shuffle

Premier Alison Redford shuffled more than half the ministers in her cabinet Friday, promoting rising stars Manmeet Bhullar and Robin Campbell while demoting Doug Grifiths and deputy premier Thomas Lukaszuk.

Bhullar, the MLA for Calgary-Greenway, moves from the Service Alberta portfolio to replace Dave Hancock at Human Services, a sprawling portfolio that takes in child and youth issues, social programs and homelessness.

Campbell leaves Aboriginal Relations to take

over as minister in charge of the Environment and Sustainable Resource development.

"The strengthened ministerial team will lead the next phase of the Building Alberta Plan, with a focus on expanding our economy, driving innovation and working every day to create an even better quality of life for Albertans," Redford said in a news release.

Redford increased the number of departments from 18 to 19, creating a new ministry of jobs, skills, training and labour — to be run by Lukaszuk.

Lukaszuk will be replaced in the Advanced Education portfolio and as deputy premier by Hancock.

Hancock is the fourth minister to run Advanced



Premier Alison Redford
THE CANADIAN PRESS

Education since Redford took over as premier two years ago.

Griffiths is out as head of Municipal Affairs and will take over Service Alberta, the department in charge of licensing and registries.

Both Lukaszuk and Griffiths struggled in their jobs.

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ACT. Funds will help city combat dramatic rise in human trafficking

New federal funds will help Edmonton organizations deal with a growing human trafficking victim caseload, which has seen a dramatic jump of more than 500 per cent between 2011 and 2012.

ACT Alberta received nearly \$200,000 in federal funding over the weekend to help curb the number of women and girls sexually exploited through human trafficking in Edmonton (75 per cent of victims are women; 10 per cent are children).

"We recognize that by working together and staying connected we can have the greatest impact," said ACT executive director Andrea Burkhardt. "Hopefully we'll see this approach expand across the country. We've come a long way in Canada and in Alberta specifically on this issue."

ACT Alberta received \$199,760 from the government for its Community Planning to Prevent and Reduce Sex Trafficking in Edmonton. The project will help women and girls in the city who are at risk of

The stats

- Since 2005, there have been 25 convictions for human trafficking in Canada.
- Currently there are 56 cases before the courts involving 85 accused and 136 victims.

becoming a victim of sexual exploitation over the next two years.

Det. Troy Jacobsen, from Edmonton's VICE unit, says it's becoming more common. "We're getting exposed to it a lot more," he said, noting temporary foreign workers can be a particularly vulnerable group. "They come to Canada and English isn't their first language so they get mixed up with somebody from their culture and they see that they are there by themselves and vulnerable and turn them into the (sex) trade."

LEAH GERMAIN/METRO

Unattended vehicle

Mom charged for allegedly leaving daughter in car

Edmonton police have charged a mother for allegedly leaving her child unattended in a vehicle for more than an hour last month. An eight-year-old girl was found in a car just before 8 a.m. on Nov. 29 at the South Edmonton Common shopping centre, with temperatures around -8. **METRO**

'Dial-a-doper'

Man charged with possession of cocaine

Spruce Grove RCMP arrested an Edmonton man Saturday with 68 small bags of cocaine and approximately \$1,000 in cash in his possession. Police believe 21-year-old Darian Christopher Smith was conducting a "dial-a-doper" operation. He will appear in Stony Plain Provincial Court later this week. **METRO**



Jon Corns returned to Canada following nine years of living abroad and has launched a blog to share different perspectives on medical care. CONTRIBUTED

Doctor shares tales of his time abroad

Health care. Local man hopes his short stories will encourage different perspectives on medical care

LEAH GERMAIN

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Dr. Jon Corns, an Edmonton man who recently returned to Canada after working as a doctor in the U.K for nine years, has taken to the Inter-

net to share different points of view inspired by the patients he treated.

"It's something that I have been thinking about doing for a while, but was kind of difficult to get down to it," Corns told Metro about the launch of his new blog.

"(Since) medical school, I started to appreciate where people were coming from," he said. "I developed this inexplicable need to share some of the stories."

Corns said he hopes his short stories will encourage different perspectives on med-

ical care. "I suppose, in a way, to give more insight into not just the doctors' point of view, but also where patients are coming from," he said, adding that sharing these stories has also been therapeutic.

"It's a really good way to unleash some of those different thoughts in your head. You see a lot of different things in medicine — happy and sad — and you go home at the end of the night and ponder over them."

After returning to Edmonton following nine years living in England and Scotland,

Inspiration

"I developed this inexplicable need to share some of the stories."

Dr. Jon Corns

Corns plans to head to Australia in the new year to work in emergency medicine.

"The aim ... is to show that a lot of these problems are really quite social and it's a very cyclical thing."

For more, visit drjrcorns.wordpress.com.

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Rebuilding after Haiyan

Tacloban. Trucks haul debris, markets sell food and trees sprout new leaves as a Philippine city starts to get back on its feet

The government is back at

work, and markets are laden with fruits and bread. Shredded trees are sprouting new leaves. Above all, the sounds of a city getting back on its feet fill the air: The roar of trucks hauling debris, the scrape of shovel along pavement, the ping of hammer on nails.

One month after Typhoon Haiyan, signs of progress in

the Philippine city of Tacloban are mixed with reminders of the challenges ahead.

City administrator Tecson Lim has begun talking of a silver lining: "The opportunity to transform our city into a global city, a city that is climate-change resilient and that can perhaps be a model."

Rebuilding will take at least three years, and success

will depend on good governance and access to funds.

But one couple in the town had other things on their minds Saturday. Earvin Nierva and Rise El Mundo exchanged marriage vows then posed for photos in a hard-hit area of the city.

"This gives hope to people that we can rise up," said El Mundo. **THE ASSOCIATED PRESS**



Earvin Nierva kisses his bride, Rise El Mundo, as they pose for their wedding photos on Saturday in Tacloban, Philippines. AARON FAVILA/THE ASSOCIATED PRESS

Support for reconstruction

The storm, one of the strongest on record to hit land, triggered an international response led by the United States and UN agencies.

- The Philippine government has joined them in paying for food-for-work and cash-for-work emergency employment for thousands who lost their livelihoods. The workers clean up the twisted houses, trees and others debris that still cover large parts of the city and

receive about 500 pesos (\$11.36) a day.

- On Friday, the World Bank approved \$500 million in budget support that the Philippine government can use for short-term recovery and reconstruction. It is also providing technical assistance in designing housing, hospitals, schools and public facilities that can withstand super typhoons, strong earthquakes and severe floods.

'We have never lost hope'

Town of Palo remembers the dead

In Palo town near Tacloban, dozens of names of villagers who perished were read in a memorial Sunday before Archbishop John Du celebrated mass at a cathedral where the moon was visible through the steel rafters of the roof that was blown away by the typhoon.

Held to remember the dead and provide healing and closure, the ceremony was attended by survivors who recounted their tragic ordeals, including a Roman Catholic priest, who lost his

mother and presided over her funeral mass.

"We have lost so much of what we own," Du said in the homily.

"But here, friends, we have never lost hope."

As darkness fell, hundreds of villagers piled out of the cathedral with lit candles and walked in a procession to a mass grave of about 100 typhoon victims in the church compound that was fenced off by white ribbon and marked by flowers.

Du blessed the dead then the grieving survivors began to walk away, leaving clusters of candles at the edge of the grave flickering in the wind. **THE ASSOCIATED PRESS**



A young typhoon survivor lights candles Sunday during memorial rites inside the Palo Cathedral in Palo, Leyte province, central Philippines, to mark one month since Typhoon Haiyan hit the country.

AARON FAVILA/THE ASSOCIATED PRESS



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Bahrain, Algeria, Iraq get new exports of Canadian guns, ammo

Arms control. Canada has yet to sign the UN Arms Trade Treaty, an attempt to regulate the multi-billion dollar industry

Bahrain, Algeria and Iraq, countries with dubious human rights records or a history of violent internal conflict, have recently become new buyers of Canadian-made guns and ammunition, an analysis of federal government data shows.

The analysis by The Canadian Press found that Canadian exports to those countries swelled by 100 per cent

from 2011 to 2012, the most recent figures publicly available. During the same time period, exports of Canadian weapons also increased to Pakistan (98 per cent), Mexico (93 per cent) and Egypt (83 per cent), where, respectively, al-Qaida terrorists, a deadly government war on drug cartels and seismic political upheaval have sparked violence.

Though Canada's arms trade is legal and regulated, analysts say the increases raise questions about the government's foreign-policy commitment to human rights, and its regulatory regime for arms exports.

"It is really strange timing that Canada would be increasing a sale of arms or military equipment, let's say, at this

moment when Bahrain has been involved in violently repressing its own peaceful democracy demonstrators," said Roland Paris, director of the Centre of International Policy Studies at the University of Ottawa.

The Canadian Press provided a list of questions to the offices of International Trade Minister Ed Fast and Foreign Affairs Minister John Baird, but an emailed reply from Foreign Affairs left many of them unanswered. Foreign Affairs carefully reviews all export of weapons to ensure they "do not contribute to national or regional conflicts or instability" or "are not used to commit human rights violations," the statement said.

THE CANADIAN PRESS



Rehtaeh Parsons vigil in Halifax

Leah Parsons, centre, hangs an ornament on a Christmas tree during a vigil in honour of her daughter Rehtaeh as partner Jason Barnes looks on. Rehtaeh, who took her own life last April after being bullied over an alleged sexual assault, would have turned 18 today. RUTH DAVENPORT/METRO IN HALIFAX

Sensible B.C.'s campaign to force marijuana referendum fails to ignite

There was plenty of smoke, but ultimately no fire for Sensible B.C.

Campaign organizer Dana Larsen confirmed Sunday that the Citizen's Initiative for a referendum on decriminalizing marijuana possession has failed ahead of Election B.C.'s Monday deadline.

"We're not going to make it," said Larsen. "We're very proud of our team of canvassers and what we accomplished; 200,000 signatures

is still a remarkable feat."

Larsen and his team needed to collect the signatures of 10 per cent of registered voters in every single one of B.C.'s 85 electoral districts in a 90-day period for the initiative to be a success.

"We're not done counting yet and there are last-minute signatures coming in, but it looks like we reached the threshold in about two dozen ridings," said Larsen.

MATT KIELTYKA/
METRO IN VANCOUVER



Members of the Sensible B.C. campaign beside the Cannabus, their mobile headquarters.

JENNIFER GAUTHIER/METRO FILE



Smoke billows in the air in Cairo on Sunday after Al-Azhar University students lit a fire at the dorm gates to lessen the impact of tear gas fired by police to disperse protesting supporters of the country's ousted president. MOHAMED HASSAN/THE ASSOCIATED PRESS

Clashes in Egypt at university protest

Tear gas. Students hurled rocks at police and tried to block traffic on major thoroughfare

Egyptian police fired tear gas Sunday in an attempt to disperse supporters of the country's ousted Islamist president protesting at the dormitories of an Islamic university in Cairo.

Students at Al-Azhar University hurled rocks at the police and tried to block traffic on a major thoroughfare outside the

campus in eastern Cairo, a security official said. The official spoke on condition of anonymity because he was not authorized to speak to reporters.

Student spokesman Mahmoud Salah said the students had lit a fire at the dorm gates to lessen the impact of tear gas fired by the police.

With the start of the school year, Egypt's universities have become the main venue for protests by supporters of Mohammed Morsi.

The Muslim Brotherhood has organized protests, with marches on campuses nearly

What sparked the protest

Last month, 12 students from Al-Azhar University were sentenced to 17 years. On Sunday, another 21 were referred to trial.

- Sunday's protests were fuelled by the referral and a crackdown against female protesters.

every day. Al-Azhar University, with largely Islamist students, has seen persistent protests.

THE ASSOCIATED PRESS



Statue gets by with a little help from a friend

Juan Gonzalez poses next to a statue of late Beatle John Lennon in Havana, Cuba, Sunday. When a statue of Lennon was inaugurated in a leafy Havana park 13 years ago, souvenir-seekers kept stealing the iconic circular spectacles that adorned it. The solution: Gonzalez, the guardian of Lennon's glasses, who has spent nearly all his days at the park for the last 13 years. He places the glasses gently on the crooner's nose when tourists show up to snap pictures, then tucks them away in his pocket when they leave. RAMON ESPINOSA/THE ASSOCIATED PRESS

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South Africans unite to remember Nelson Mandela

Farewell to a hero.

Mourners of all races come together to celebrate the man called 'that moonlight in the dark night'

In death, Nelson Mandela unified South Africans of all races and backgrounds Sunday on a day of prayer for the global statesman — from a vaulted cathedral with hymns and incense to a rural, hilltop church with drums and dancing.

Mandela was remembered in old bedrocks of resistance as well as former bastions of loyalty to apartheid.

"May his long walk to freedom be enjoyed and realized in our time by all of us," wor-



People hold hands as Reverend Ndumiso Gawe leads them in prayer outside the home of former president Nelson Mandela in Johannesburg, South Africa, Sunday. South Africans flocked to houses of worship for a national day of prayer and reflection to honour Mandela, kicking off planned events that will culminate in what is expected to be one of the biggest funerals in modern times. MATT DUNHAM/THE ASSOCIATED PRESS

shippers said in a prayer at the majestic St. George's Cathedral in Cape Town, where the first

white settlers arrived centuries ago aboard European ships.

South Africa's reflection on

Mandela's astonishing life was a prelude to a massive memorial in a Johannesburg stadium

Tuesday that will draw world leaders and luminaries. They will gather to mourn, but also

to salute the achievements of the prisoner who became president and an emblem of humanity's best instincts.

The extended farewell ends Dec. 15, when Mandela is to be buried in his hometown of Qunu in Eastern Cape province.

The anti-apartheid campaigner wanted to die in those modest, traditional surroundings; instead, he died Thursday at age 95 in his home in an exclusive Johannesburg area. He was surrounded by family after months of a debilitating illness that required the constant care of a team of doctors.

The Rev. Sebastian J. Ros-souw compared Mandela to the biblical figures Isaiah and John the Baptist as men who led in dark times, calling him "that moonlight in the dark night."

THE ASSOCIATED PRESS

Mandela's jailer

An unlikely friendship

He was with Nelson Mandela during all those years the anti-apartheid icon was imprisoned on Robben Island. And, like millions around the world, he has been hit hard by Mandela's

death.

Yet this South African was not one of Mandela's fellow prisoners. Christo Brand was his jailer.

Such was Mandela's charm and ability to turn enemies into allies that even the black political prisoner and the white Afrikaans warden forged an unlikely

but enduring friendship.

"When I got the message when he passed away, it was very sad for me," Brand said Saturday. "But I think he was successful and he did what he wanted to do. I wanted him to go in peace and I am thinking of the family today, what they go through." THE ASSOCIATED PRESS



Christo Brand FACEBOOK

Paying respects

Mulcair, three ex-PMs board Harper's plane to South Africa

A who's who of Canadian

politics boarded Stephen Harper's plane to join the prime minister as he flew to South Africa to pay respects to Nelson Mandela.

He was accompanied by former PMs Brian Mulroney, Jean Chrétien and Kim Campbell. NDP Leader Thomas Mulcair also boarded the plane. THE CANADIAN PRESS

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American vet, 85, returns from N. Korea



Merrill Newman, centre, walks beside his wife Lee and son Jeffrey after arriving in San Francisco. BEN MARGOT/THE ASSOCIATED PRESS

North Korea. Merrill Newman was detained at the end of a trip to the country; his age was cited as one reason for his release

Korea for several weeks has returned home to applause from supporters, yellow ribbons tied to pillars outside his home and the warm embrace of his family.

Merrill Newman arrived at the San Francisco airport Saturday after turning down a ride aboard U.S. Vice-President Joe Biden's Air Force Two in favour of a direct flight from Beijing.

'Attention-seeking regime'

"They often will grab people to gain attention to get a world leader to come and rescue them."

U.S. Rep. Adam Schiff, a Democrat who represents Newman's home area

He emerged into the international terminal smiling,

accompanied by his son and holding the hand of his wife amid applause from supporters. He spoke briefly to the assembled media, declining to answer any questions or discuss his ordeal.

"I'm delighted to be home," he said. "It's been a great homecoming. I'm tired, but ready to be with family."

THE ASSOCIATED PRESS

Wisconsin

\$60 to snuggle?

A new snuggling business in Wisconsin's capital city may have closed amid scrutiny from city officials.

Customers at Madison's Snuggle House can snuggle with professional cuddlers for \$60 an hour. Supporters say the business helps people relax through non-sexual touch.

But city officials suspect the Snuggle House may be a thinly veiled brothel. THE ASSOCIATED PRESS

Lac-Mégantic

Quebec honours first-responder heroes

Firefighters, paramedics, and police who responded to the train derailment in Lac-Mégantic were honoured Sunday near the site of the tragedy. Quebec premier Pauline Marois and Lac-Mégantic Mayor Colette Roy-Laroche were among those who took part in a ceremony Sunday at the local high school. THE CANADIAN PRESS

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Gov't not keeping its word?

A wild caribou roams the tundra near The Meadowbank Gold Mine located in Nunavut. Environmentalists are asking why government rhetoric on saving caribou habitat isn't matched by what's happening. They say both Ottawa and Alberta have committed to preserving the very area currently being hammered by development.

NATHAN DENETTE/THE CANADIAN PRESS



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Thailand

Political crisis deepens

Thailand's main opposition party resigned from parliament on Sunday to protest what it called "the illegitimacy" of an elected government with which it can no longer work.

The move deepens the country's latest political crisis as new street demonstrations are set to begin which many fear could turn violent.

THE ASSOCIATED PRESS

Germany

President boycotts Sochi

German President Joachim Gauck is boycotting the Winter Olympics and will not travel to Sochi, Russia next year. The decision is to protest against human rights violations and harassment of Russian opposition political figures. Gauck is an outspoken critic of Russia's human-rights record.

THE ASSOCIATED PRESS

Ukrainian anti-government protesters rally in Kyiv

Revolution of dignity.

Solution to the crisis appears elusive with the Russian-aligned government making no concessions

Quoted

"I am convinced that after these events, dictatorship will never survive in our country."

Opposition leader Vitali Klitschko. The protests have an anti-Russian component, as Russia had worked to derail the EU deal.

Angry anti-government protesters toppled a statue of former Soviet leader Vladimir Lenin in the centre of Kyiv on Sunday and blockaded key government buildings amid huge street protests, raising the stakes in an escalating standoff with President Viktor Yanukovich.

The biggest protest in the former Soviet republic since Ukraine's pro-democracy Orange Revolution in 2004 led the government to fire back. It announced an investigation of opposition leaders for an alleged attempt to seize

power and warned the demonstrators they could face criminal charges.

The West pressed for a peaceful settlement.

Hundreds of thousands of Ukrainians flooded the centre of Kyiv to demand Yanukovich's ouster after he ditched ties with the EU in favour of Russia and sent police to break up a protest. Packing Independence Square as far as the eye could see, Ukrainians waved European Union flags and sang the national anthem. THE ASSOCIATED PRESS



Ukrainian protesters smash a statue of Lenin after toppling it, in Kyiv, Sunday. EFREM LUKATSKY/THE ASSOCIATED PRESS

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Research. Drug from viper venom may prevent cause of heart attacks, strokes

It's one of the world's most poisonous snakes, and researchers hope the venom of the viper dubbed the "hundred pacer" can provide a medication to help prevent one of the world's leading killers.

A team of researchers has purified a protein from the snake's venom to develop an experimental drug aimed at preventing blood clots that can cause a heart attack or stroke.

The venom from the Southeast Asia pit viper is so potent that it is referred to by local residents as a hundred pacer —

Quoted

"The concept that we can harness something potentially poisonous in nature and turn it into a beneficial therapy is very exciting."

Dr. Heyu Ni, of Toronto's St. Michael's Hospital, involved in the drug's development

based on the belief that someone who is bitten will be able to walk no more than 100 steps before dying. **THE CANADIAN PRESS**



Venom is extracted from a Southeast Asian viper, which may help prevent heart attacks and strokes. ST. MICHAEL'S HOSPITAL, HANDOUT/THE CANADIAN PRESS

Public prayer

Pope gives voice to 'cries of the poor'

Pope Francis, in the heart of Rome's fanciest shopping district, prayed on Sunday that the poor are never forgotten.

His appearance at the foot of the Spanish Steps follows a papal tradition of public prayer before a statue representing Mary on Dec. 8, a church holiday honouring the mother of Jesus.

That date also marks the



A statue of the Virgin Mary
THE ASSOCIATED PRESS

official start of Rome's Christmas shopping season. Francis's route from the Vatican took him down Via Condotti, which is lined with swank designer stores. He prayed aloud that people "never be left indifferent to the cries of the poor." **THE ASSOCIATED PRESS**

Eggciting idea: I can't believe it's not mayo!

Which came first, the chicken or the egg?

Hampton Creek Foods hopes the answer is neither, as it aims to find plant-based alternatives for foods like mayo

The startup is housed in a garage-like space in San Francisco's tech-heavy South of Market neighbourhood, but it isn't like most of its neighbours that develop software, websites and mobile-phone apps. Its mission is to find plant replacements for eggs.

Inside, research chefs bake cookies and cakes, whip up batches of flavoured mayonnaise and pan-fry omelets and French toast — all without eggs.

Funded by prominent Silicon Valley investors and Microsoft founder Bill Gates, Hampton Creek Foods seeks to disrupt a global egg industry that backers say wastes energy, pollutes the environment, causes disease outbreaks and confines chickens to tiny spaces.

The company, which just started selling its first product — Just Mayo mayonnaise — at Whole Foods Markets, is part of a new generation of so-called food-tech ventures that aim to change the way we eat.

"There's nothing to indicate that this will be a trend that will end anytime soon," said Anand Sanwal, CEO of CB Insights, a New



Trying to crack open a new market — CEO Josh Tetrick holds a species of yellow pea used to make Just Mayo, a plant-based mayonnaise, at Hampton Creek Foods in San Francisco. ERIC RISBERG/THE ASSOCIATED PRESS

York firm that tracks venture capital investment. "Sustainability and challenges to the food supply are pretty fundamental issues."

Venture capital firms, which invest heavily in early-stage technology companies, poured nearly \$350 million US into food-related startups last year, compared with less than \$50 million US in 2008, according to CB Insights.

THE ASSOCIATED PRESS

Possible benefits

Proponents of plant-based alternatives say there are many advantages:

- Alternatives to eggs, poultry and other meat could be good for the environment because it could reduce consumption of meat, which requires large

amounts of land, water and crops to produce.

- It could also benefit people's health, especially in heavy meat-eating countries like the U.S., and also reduce outbreaks of diseases such as avian flu, advocates claim.

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IF THERE'S A BETTER WAY, LET'S DO IT

When the city announced that blading of residential streets had been completed, I wondered how many people had the same shocked reaction as I did. Apparently, where I live is neither a part of the city nor a residential area.

As near as I can tell, blading did occur several days after that announcement. However, I thought blading meant getting down pretty close to the pavement. What I have in my area is more like compacted snow that has turned into a skating rink. I have to begin to slow down long before I get to any stop sign in my neighbourhood or I will end up sliding through the intersection. And that's when I'm already travelling well below the speed limit.

The recent snowfalls have generated the same kind of complaints we hear every year. So now the city will look at its snow removal policies again. My goodness, those policies have been poked, prodded and probed more than



URBAN COMPASS
Terence Harding
edmonton@metronews.ca

someone who has been abducted by aliens.

According to the mayor, getting the snow removed the way most of us want it removed would cost an additional \$50 million. Assuming he didn't just pull that figure out of the air, wouldn't that be money well spent? I don't understand why the city seems so impecunious when it comes to finding money for snow removal and so spendthrift in other areas.

A \$50-million price tag for snow removal would definitely push our taxes up. But I can't recall a city budget that didn't increase taxes.

I think the reason for not ponying up the necessary dollars is because the result-

ant tax increase would have people asking just exactly where all the other money is going. Adding 300 people to the city's already bloated payroll as part of this year's budget might be something that would cause people to ask some very tough questions. So much better to tout an

Snow removal worth the cost

According to the mayor, getting the snow removed the way most of us want it removed would cost an additional \$50 million. Assuming he didn't just pull that figure out of the air, wouldn't that be money well spent?

almost five per cent increase as some kind of financial victory brought to you by the elected guardians of the public purse.

Here's another budget question. When the city increases the charges for garbage pickup and drainage, is that not also a tax increase? To my mind these charges are just taxes by another name.

So maybe the city should be a little more forthright when it comes to indicating just how much our taxes are going up next year.

ZOOM

One team caves in first



CHRISTOPHER FURLONG/GETTY IMAGES

Cricket goes deep in the ground

The world's first underground cricket match has taken place in a slate mine under a mountain.

The unique sporting fixture saw village clubs Caldbeck and Threlkeld play 600 metres (2,000 feet) deep inside England's last working slate mine at Honister in the English Lake District.

METRO

The treasurer says

"It was murky, water was dripping off the sides of the mine, the ground was muddy and the balls kept ricocheting off the walls. But it was a nice game, despite our team losing."

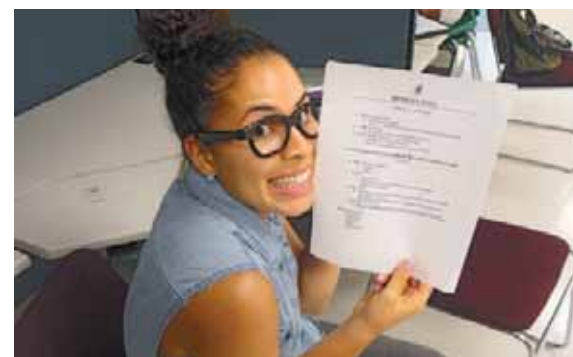
Michael Webster, treasurer of Threlkeld Cricket Club
The match was won by Caldbeck after they scored 28 runs with one over and four balls to spare.

Club raises money with extreme game

In June 2012, Threlkeld was hit by a flood that wrecked the club's cricket ground. To raise money to fix it, the club invented Extreme Cricket: Matches played in unusual locations, the photos of which are made into a calendar sold online. With proceeds from their site rainstoppedplay.org, Threlkeld hopes to have their ground ready in August. METRO

Where else?

- The game has also been played on a frozen tarn; on a mountain in the Lake District; on top of a steam engine; underwater in the local Derwent River; and inside a local theatre.
- The cricket club says it has no plans to export the quirky game overseas.



CONTRIBUTED

WE ACT: CANADA DOES GOOD

Theatre for Peace

Across the nation in our neighbourhoods, Canadians are up to a whole lot of good. Here's one we'd like you to meet.

Who: Tahirah Stanley, 24, (pictured) actor and activist, from Toronto.

What: Theatre for Peace, a youth-empowering performing arts program.

Why: "Theatre has a way of really encouraging people to step outside their comfort zone and develop confidence — that's what it did for me," says Stanley.

Two years ago, Stanley started Theatre for Peace, a program that engages Toronto teens to combine their interests for the arts with their passions for social issues. Eight to 10 youth participate in each 12-week course, choosing

issues to focus on and working with industry experts to create performances to share with the community — from poetry to rapping to dancing.

What inspired you to get started? "Theatre is really, really important in my life. I wanted to be a positive role model to youth in my neighbourhood, and I thought they would benefit from being connected to people outside their immediate community."

What motivates the work you do every day? "The youth that I work with are amazing! It really fuels my soul to see the change and the impact in these youth. It makes me happy to see other people happy, and to see them flourishing and becoming confident people."

CRAIG AND MARC KIELBURGER

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It took a dragon to drag actress Evangeline Lilly out of retirement

The Hobbit: The Desolation of Smaug.

She was done with her profession, then Peter Jackson called



RICHARD
CROUSE
scene@metronews.ca

The show *Lost* propelled Evangeline Lilly from unknown model to television star.

For six seasons she played Kate Austen on the hit series, earned a Golden Globe nomination, numerous Sexiest Women in the World titles and became the face of L'Oréal Paris.

But the trappings of fame didn't sit well with the Alberta-born actress.

"I'm a small town Canadian girl," she says. "It just doesn't jive with me."

So instead of looking for the next big thing following *Lost*'s 2010 finale, she took a step back.

"My resolve to retire came when I realized it was actually the job itself that was killing me. I'm a very undramatic woman. I keep my life very simple. I don't have a lot of emotional energy to spend. I don't argue with my spouse. I don't make drama where there doesn't need to be any. I don't



Evangeline Lilly plays the 600-year-old wood elf Tauriel in *The Desolation of Smaug*, opening Friday. CONTRIBUTED

have girlfriends who are dramatic. I just can't stomach it.

"Having a job that required that I be at the height of drama emotionally for 14 hours a day, all day, every week for six years running was doing bad things to my health, to my psyche. I wasn't in a good place. I really believe if you're not happy, get out. It doesn't matter how much someone is paying you

or how famous you've become, it's not worth it if you're not happy and you're not healthy."

It took Peter Jackson and a plum role in *The Hobbit: The Desolation of Smaug* to bring her out of self-imposed seclusion.

"When they asked me I was three months out of giving birth to my first son," she says. "I thought I had retired to a life

of writing and motherhood. I thought I was done with acting. And then he called. I thought, 'This is too huge of an honour. I can't say no to this. This is something I had dreamed about since I was a little girl,' so I took the job."

In the action-adventure she plays Tauriel, a 600-year-old wood elf created specially for the film. She says the character

is "driven by her desire to help the vulnerable and the weak."

We'll see her again as Tauriel next year in *The Hobbit: There and Back Again* and after that, who knows, although she says, shooting *The Desolation of Smaug* in New Zealand was "such a positive experience that it has actually changed my mind about my profession."

On powerful females

- Evangeline Lilly likes the soft side of her current role. "One of the things I struggle with, with powerful female roles in the media right now, is that often they are associated with male violence. If a woman can kill and slaughter like a man then suddenly she's a powerful woman, which I actually think diminishes her power. I don't think that makes them powerful. I like that this character is a softhearted compassionate elf driven out of her need for justice and her seeking of the truth. I think that is more a distinct female power. I think in the past vulnerability and compassion have been associated with weakness and I think they give a woman her power."

2 SCENE



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Lupe Fiasco's new album comes out in early 2014. GETTY IMAGES

Rapper Lupe Fiasco is all about the love these days

New album. Fiasco says his new album is darker, but his first single, *Old School Love*, shows a soft side

EMILY
LAURENCE
Metro World News in New York City

Lupe Fiasco's fans call him the "realest rapper."

The artist has never been shy about using his songs to speak his mind, especially when it comes to politics and social issues. So teaming up with Ed Sheeran to sing about love might come as a surprise.

"I was a little hesitant at first," Fiasco says about his collaboration with the red-headed Brit on his new single, *Old School Love*.

"My friend Guy Sebastian,

who did *Battle Scars* with me off my last album, told me I had to do it."

It's good Fiasco took his friend's advice. The song is in heavy radio rotation and is steadily climbing the charts.

Old School Love is the first single off Fiasco's upcoming album, *Testuo and Youth* (out early 2014), which the rapper says is darker than his past four albums.

"*Old School Love* is a very soft song, but the rest of the album is a bit harder and more aggressive. I didn't want to make a soft and fluffy album," he says.

Unlike his last album, Fiasco is steering clear of politics on his new record, but the tracks are by no means "safe." One song, *Crack*, is about crack cocaine, and in *Blur My Hands*, he raps about road rage.

"The song is about people flipping you the

bird, but it's about taking that and saying you're actually No. 1."

Fiasco is previewing his new songs on the tour, but he'll of course be showcasing his old hits like *Kick Push* and *Superstar* — and he will be paying close attention to the audience to see who knows the words.

"One of my most memorable fan encounters was of this guy who was a couple of rows from the front and he knew the words to every song — even the small weird songs and the limited edition songs," Fiasco says.

"I ended up bringing him on stage."

Now that Fiasco's been on the scene for a while, he's using his fame to introduce new talent at his concerts.

Mickey Factz, New Orleans rapper Dee-1 and Chicago-based Boy Illinois are all

Quoted

"One of my most memorable fan encounters was of this guy who was a couple of rows from the front and he knew the words to every song — even the small weird songs and the limited edition songs."

Lupe Fiasco

sharing the stage with Fiasco throughout the 32-city tour.

"They've just been killing it," Fiasco says.

"Now that I'm a sort-of veteran, I'm more excited about seeing my homies come up and shine than I am about playing stadiums or seeing people jump around."

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Why Big Ang is (mostly) for real

Living large. Apart from the obvious, the Mob Wives star doesn't know how to be fake

ALEXANDRA
CAVALLO
Metro World News

In reality TV, everything is larger than life — big drama, big personalities and, well, big boobs. Mob Wives star Angela “Big Ang” Raiola fits that bill, and hers are bigger than most.

If you ask Ang, she actually doesn't care for the drama. But good times, plastic surgery and booze — she just came out with her own line of wines, Big Ang Wines — are a different story. We got Ang and longtime family friend and Mob Wives producer Jenn Graziano (sister of cast member Renee Graziano) on the line to ask them a few questions about the show, which is now in its fourth season.

Ang, when Jenn asked you to be on the show, what was your initial reaction?



Angela “Big Ang” Raiola is one of the stars of Mob Wives. GETTY IMAGES

Ang: I was very nervous. When she said, “We’re going to put you on TV,” I thought, there is no way, I don’t know how to do that.

Jenn: She exploded immediately. It was like instant fame, instant stardom. They all loved her right away. We knew what was going to happen, she didn’t believe but we did.

From what we see on the show, your personality is larger than life. How much of this is real and how much is you putting it on for the cameras?

Ang: All of it, it really is all true stuff. I am like that.

Jenn: One hundred per cent. I don’t think Ang knows how to be fake.

Ang: That’s me everyday. That’s been me my whole life. Always working in bars, you have to have that personality all the way.

Is everything that happens on the show real?

Ang: Oh no, our show is very real. Sometimes a little TOO real.

Jenn: Yeah, she’s right. Sometimes we wish those things weren’t really happening. But they are. We really follow what’s going on in their lives. And obviously we can’t follow everything so we pick and choose what we think the viewers would want to see sometimes, but really this is what’s going on, when the girls are fighting on camera, they are really fighting off camera too. When they’re getting along, they are really getting along.

Was it hard at first, Ang, putting your life on TV? Was that a major adjustment?

Ang: It was hard when my son had his problems and it was on TV... but maybe it could help another kid.

Have you had any backlash from the show? When Jersey Shore came out, people from Jersey were furious about how they were portrayed.

Ang: Honestly, I think everyone in Staten Island likes us. Maybe there are a couple of haters, but no one important. All the important people are proud of us.

Review

Blackbar

By Neven Mrgan
and James Moore

iPhone/iPad/Android

•••••



MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

With their letters censored by a sinister authority, two friends must constantly invent covert ways to communicate. To follow along you have to type in their redacted words, guessing at what’s being said and treating each page like a riddle. As the codes become more complex the story remains witty and moving, a sharp reminder of the freedom privacy protects.



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Paul Walker. ALL PHOTOS GETTY IMAGES

Trying to make off with a piece of history

What kind of a ghoulish creep does something like this? Sorry. Alleged ghoulish creep. According to E! Online, after Fast and Furious star Paul Walker's fatal crash, the parts of his totaled Porsche were gathered in a truck for transport to the impound yard.

Unfortunately, when the truck was stopped at a light, a witness saw a man get out of his car and grab a piece of the wreckage.

"The male drove away with the stolen vehicle part,"

the report said.

Luckily, police were able to trace the man and they tracked down the stolen part. One suspect, Jameson Witty, was arrested in his home in Tujunga, Calif. The car part, a roof panel, was found in a different home.

Police are apparently arranging for a second suspect to turn himself in.

Walker died in a car accident Saturday afternoon in Los Angeles, his rep confirmed. He was 40 years old.

MELINDA TAUB/METRO

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Sharon Osbourne finds a new way to scare us all



STARGAZING
Malene Arpe
scene@metronews.ca

Sharon Osbourne shares that "it was just excruciating" having her lady-parts tightened by a surgeon. What? I didn't hear because I was distracted by the excruciating pain of sticking an ice pick in my ear. I have a feeling it was worth it, though.

Glamour UK names Henry Cavill the sexiest man of 2013 with Robert Pattinson and Liam Hemsworth in second and third spot, respectively. Tom Hiddleston is number four... I apologize. That is the dumbest thing I've ever heard. In no realm are Superman, Sparkle Vamp and Not-Peta sexier than Loki. This list is obviously fake and stupid and I will say no more about it.

Joe Jonas says that he first tried pot when he was 17 and lost his virginity at 20. That explains why Miley Cyrus and Justin Bieber just laughed so hard they threw up on their own shoes.



Barbara Walters' Most Fascinating People list is comprised of an actress, an anchor, a pope, a prince, a swimmer, a singer, a data-leaker, a Kimye and some bearded duck people. Said John le Carré: "I smell a bestseller."

Olympic diver Tom Daley says that he's in a happy relationship with a guy while actress Maria Bello reveals she has a girlfriend. Dammit. That's not who I picked for the 2013 celebrity sexual orientation derby bifecta.



Amanda Bynes

Doctors warn Bynes off going to school

Finally out of psychiatric treatment, Amanda Bynes is eager to go back to school for fashion design, but apparently her doctors think she shouldn't.

"Amanda was told by her doctors that going to fashion school so soon after being released from the Canyons (treatment facility) is an absolutely terrible idea," a source tells

Star magazine. "It's almost setting her up for failure. There will be pressure on Amanda as far as school work, deadlines, and it's unlikely she will be able to succeed. The fashion school she is enrolled in is almost two hours from her parents' house in Orange County, and she still doesn't have a valid driver's license."



Lindsay Lohan

Lohan up to her old tricks?

Lindsay Lohan may or may not be reverting to her old habits, but she's definitely spending time with old friends, as the troubled starlet has been tearing up Miami with former assistant and clubbing pal Gavin Doyle, according to Radar Online.

"Miami is not the best place for Lindsay to be because of all of the tempta-

tions. It's not a good sign for her recovery that she is choosing to hang out with Gavin," a source says. "Lindsay and Gavin were out until the wee hours of the morning at Art Basel parties on Wednesday and Thursday night. Lindsay and Gavin chain-smoke everywhere they go. Gavin was bragging to friends that they didn't go to sleep until after 4 a.m."

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Kicking it old school

Parents not keen on reading e-books

Children's storybooks are in no danger of becoming extinct, suggests a report on how kids and parents are embracing e-books.

Based on the results of online surveys conducted for Booknet Canada, a non-profit industry organization that

tracks sales and trends, it appears parents and children aren't eager to give up on the time-honoured tradition of flipping through paper books in favour of swiping around in digital content.

Of the more than 800 parents interviewed, about 41 per cent said they currently read e-books. More than 200 teens between 14 and 17



were also polled (with their parents' permission) and 27 per cent said they were e-book readers.

But few indicated they actually prefer digital books or could see themselves eschewing paperbacks for good.

Only one per cent of the parents polled said their kids aged 13 and under were at the point of reading more e-books

than print books.

The researchers also asked parents how their kids were using mobile devices.

The report suggests just over 60 per cent of kids aged three or four have access to an Apple or Google Android phone or tablet in their home. Among 11- to 13-year-old kids, about 80 per cent had a device in their home.

THE CANADIAN PRESS

Exclusively online

The Elf on the shelf is driving Mommy insane! Find out why with Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, best-selling book *Reasons Mommy Drinks*, at metronews.ca/voices



Playing Santa on a budget

Gift giving. What do you do if your kid asks the Big Guy for something expensive? Metro's columnist has some ideas



IT'S ALL
RELATIVE
Kathy Buckworth
KathyBuckworth.com

'Tis the season to be stressed out, falalalala lalalala yikes.

While Christmas brings a lot of happiness to families, it can also be a frantic time, and the biggest causes of stress (according to a recent Leger survey conducted for PCFinancial) are associated with gifts: the buying and the giving. Forty-one per cent of Canadians surveyed listed budget as their top source of holiday stress, which was matched by 41 per cent also indicating they felt stress over choosing just the right gift. Clearly, finding the balance between the two is difficult.

For parents, it can be especially challenging when dealing with children, par-



Forty-one per cent of Canadians surveyed by Leger indicated budget as their top holiday stress. ISTOCK

ticularly those who assume it's Santa bringing their gifts, not penny-pinching mom and dad. But what can parents do when they know the most desired gift is well outside of even Santa's budget?

Have the kids make out a wish list, and check it twice

to make sure they have listed more than one item. Budget or availability may make delivering that single desired object impossible. Explain to the kids that even Santa can be "out of stock" or have to spread his spending around.

Older kids (age seven-

nine) should understand the value of money, even if they are expecting Santa to bring gifts. Suggest to them they can contribute earned chore money, or money saved in a bank account, to leave out for Santa, who can pocket the cash and deliver a more

expensive gift in return.

Have a number and stick to it. It's easy to get stuck in the "evening out" trap when you have more than one child. If they are still counting the number of presents, fill some boxes with inexpensive candies or dollar store items.

The biggest joy of Christmas, according to the survey, is spending time with family (65 per cent), so it makes sense to give a (budget friendly) gift that families can enjoy together. Many kids ask for electronics, so look for one that can be shared.

Kobo has some terrific options to get families reading together, and its gift cards are an easy way to get new e-books, which can be given by other family members.

Cashing in loyalty points (as 46 per cent of Canadians say they will do) is a great way to purchase gift cards. A Cineplex gift card lets you share time at a movie with a family member. Give yourself a gift and deck those bills with vows of holiday savings.

GIVE THE GIFT OF KATHY'S, I AM SO THE BOSS OF YOU AVAILABLE AT BOOKSTORES EVERYWHERE, AND ON KOBO.

So you can't stand your friend's kids...



Julie Klam, author of *Friendkeeping*. SUBMITTED

He's the toddler who always bites. She's the 6-year-old drama queen prone to "it's mine" fits and hair-pulling. The problem, for you anyway, is they are your best friend's, your neighbour's or your exceedingly lenient big sister's kids.

With the holidays comes togetherness, sometimes thrust upon us. And with togetherness, especially the obligatory kind, comes major stress — for you and your kids. But friction over

the offspring of loved ones strikes all year-round, leading the grown-ups to ponder whether their adult relationships are worth it.

Julie Klam, a Manhattan mom and author of the new book *Friendkeeping*, believes middle ground is possible.

"Do the best you can to see them without their children, but when they are around, take the anthropologist's point of view: 'Hmm, that's interesting that the kid is standing on a table

throwing cheese at the wall,' instead of getting wound up in it," she said.

Looking for the worst in other people's kids, and by association other people's parenting prowess, is a road to nowhere, which may be where you land when things go dangerously wrong. But seriously troubled is different than the day-to-day grind of ill-mannered, bad-tempered kids and their parents who stand around and let it happen, by design or other-

wise.

"If you're in your head keeping score of how rude they are, or whatever the things are that happen, it makes it much worse," said Klam, who has a 10-year-old daughter.

And before you take the fatal step of severing ties, "Stop and try to figure out how much of this has to do with you and how much has to do with them," Klam suggested.

THE ASSOCIATED PRESS

Stuff your turkey with butter-nutty pecan flavour

1. Preheat oven to 375 F (190 C).

2. Stuffing: In non-stick dry skillet over medium heat, sauté onion until soft. Let cool.

3. Beat egg with milk in a large bowl. Add bread and wait 2 minutes to allow it to soak up liquid. Stir in onions, squash, pecans and cheese. Generously season with pepper.

4. Turkey: Slice turkey breast in half lengthwise, without cutting all the way through, and open like a book. Cover with plastic wrap and flatten with a butcher's mallet or a rolling pin, until about 1/2 inch (1 cm) thick.

5. Spread bottom part with stuffing and close up turkey breast to seal stuffing inside. If desired, tie with string like a roast or hold in place using toothpicks. Place in a baking dish pan and cover top of turkey with pancetta and thyme.

Ingredients

Stuffing

- 1/2 onion, finely chopped
- 1 egg
- 1/4 cup (60 ml) milk
- 2 slices of bread, cut into cubes
- 1 1/3 cup (325 ml) grated butternut squash
- 1/3 cup (75 ml) pecan pieces
- 5 oz (150 g) Gunn's Hill Five Brothers cheese, cut into small cubes
- Freshly ground pepper

Turkey

- 2 lb (1 kg) boneless skinless turkey breast
- 18 very thin slices of pancetta (about 4 oz/125 g)
- 2 tbsp (30 ml) thyme leaves

6. Roast for 1 hour or until meat thermometer reads 170 F (77 C). Let rest 10 minutes before slicing. Serve with seasonal vegetables. **DAIRY FARMERS OF CANADA (ALLYOUNEEDISCHEESE.CA/GRANDPRIX)**



This recipe serves eight. DAIRY FARMERS OF CANADA

Appetizer. Queso Fresco Cheese with Apples



It's fitting that in Mexico, where it originates, queso fresco literally means "fresh cheese". That's because it is a light cheese that is milky and mild. Queso fresco also has a trademark salty-sour kick, and while it's creamy by nature of its freshness, it's not rich or buttery tasting.

Here it stars in a delicious appetizer with apples and nuts.

1. Preheat oven to 450 F (230 C).

2. In an oven-safe medium baking dish, mix apples, butter, honey, rosemary and nuts, if using. Place cheese over apples, season to taste with pepper. Bake for 15 to 20 minutes or until hot and

golden brown. Place the dish on the table and enjoy while the cheese is hot. **DAIRY FARMERS OF CANADA (ALLYOUNEEDISCHEESE.CA/GRANDPRIX)**

Ingredients

- 2 apples, sliced or cut into small wedges
- 1 tbsp (15 ml) butter, melted
- 1 tbsp (15 ml) honey
- 1 tsp (5 ml) fresh rosemary leaves
- 1/4 cup (60 ml) nuts, your choice (pistachios, walnuts, almonds, pecans, etc.), optional
- 8 oz (225 g) Latin Foods Queso Fresco cheese
- Freshly ground pepper

Have a ball — literally — with Pimiento Cheese Balls

This old-fashioned cheese ball is flavoured with pimiento (roasted red pepper), lemon and onion. Make these now, freeze them and glide through the holiday season!

1. In nonstick frying pan, melt

Ingredients

- 2 tbsp (25 ml) unsalted butter
- 2 cups (500 ml) pecan halves
- 1 pkg (250 g) PC Aged Two Years Canadian White Cheddar Cheese, finely grated
- 4 oz (125 g) drained roasted red peppers, chopped
- 1 pkg (250 g) PC Original Cream Cheese, at room temperature
- 3 tbsp (45 ml) mayonnaise
- 1 tbsp (15 ml) fresh lemon juice
- 2 tsp (10 ml) grated yellow onion
- 1-1/2 tsp (7 ml) Worcestershire sauce
- 3/4 tsp (4 ml) salt
- 1/4 tsp (1 ml) hot sauce
- 1/4 tsp (1 ml) dry mustard



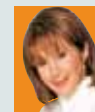
This recipe serves about 24. PRESIDENT'S CHOICE

butter over medium heat; add pecans and cook, stirring, for 5 minutes or until golden and fragrant. Transfer to cutting board. When cool enough to handle, chop coarsely. Set aside.

2. Place cheddar, pimientos,

Healthy eating

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Tortilla chips are a favourite snack or appetizer at Mexican restaurants for many people, but what you dip them in could add up quickly in calories and fat.



Taco Del Martortilla chips and guacamole

740 calories / 44 g fat
An avocado has more than 300 calories and 30 grams of fat. The fat is heart healthy but calories add up.

Equivalent

A serving of tortilla chips with guac is equal in calories to 90 Lays baked potato chips and 1/2 cup tomato salsa.



Taco Del Mar tortilla chips and salsa

440 calories / 21 g fat
Save the calories and enjoy a tomato-based salsa with only vegetables added. Then you can afford the Mexican dinner.



cream cheese, mayonnaise, lemon juice, onion, Worcestershire sauce, salt, hot sauce and dry mustard in large bowl. Using fork, beat until smooth. Using clean hands, shape into six equal balls. Roll each ball in chopped pecans to coat. Cover

each tightly in plastic wrap. Chill until firm. Freeze until needed, up to 3 weeks.

3. To serve, thaw completely and serve with crackers, sliced baguette or celery sticks.

COURTESY PRESIDENT'S CHOICE

He travels the world in search of nightmares

Adam the monster hunter. The career of a cryptozoologist combines both science and the supernatural

As one of the world's leading cryptozoologists, Adam Davies has pursued the death worm of Mongolia and the Mokele-mbembe lake monster of Congo, the Sasquatch and the Yeti. The British explorer spoke to us about the need to make his passion more respectable.

What is cryptozoology?

It's basically looking for unknown or undiscovered animals, and that for me is about working with credible scientists. It's a broad sphere and you have to dismiss some of it. If someone says they saw a unicorn in their garden I'm not interested, but if they saw a rare



Adam Davies is serious about a job that some might find silly. HANDOUT



Artist's rendering of the Orang Pendek.

CENTRE FOR FORTAN ZOOLOGY

primate in the jungle it's game on.

Where are your hunting grounds?

In the last year I've looked for Bigfoot in the US, and the Orang Pendek — the Sumatran ape-man. I've looked for the Congolese dinosaur for the BBC and the Yeti in Nepal. I've been almost anywhere on the planet, mostly on my own time and money.

What is your number 1

ambition?

I've always been interested in bipedal primates and if I could prove the Orang Pendek that would be the find of the century. We've come close to proving it with hairs and prints, most skeptics would accept it's highly plausible.

Are these species being covered up?

I don't believe so as I have worked with governments

on my projects. The problem is the species are very rare and elusive, as you would be if you were under threat.

Some of cryptozoology is just bizarre right?

It's a broad area and that's why it's important to work with credible scientists to corroborate findings. We need more rigor in the field, such as through sending hairs for DNA tests. But there is also a place for eccentricity. METRO WORLD NEWS

'Round the world wisdom

Facing adversity? Expectations can be a heavy burden

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

I started the Gobi March hoping to finish it. I ran free of expectations for the first four days, each a marathon in length. Somehow, I ran it very fast. I wasn't paying attention to the results, simply grateful to be there, each day closer to finishing the race. After the fourth day, I was then advised that I was in the lead in the 40- to 50-year-old category.

On the fifth day, it all changed. I started to run not to lose.

Each of us ran the race with about 25 pounds of food, meds, survival gear, and clothes in our backpacks. On day five, I started to add invisible

baggage to my backpack; expectations, stress, and especially fear of failure. It no longer weighed 25 pounds, it weighed a ton, and I ran slowly and nervously. My mental narrative until then was "this is the most beautiful desert I've ever seen". Now, all I could hear myself say was "don't mess up".

I realized that my whole life had been lived with outcomes in mind. When I returned home, I became present to a much bigger problem; I put expectations on others too! I was adding weight to others' already full backpacks.

Today, I try to avoid having expectations around a specific outcome. I tell people I can be counted on to give my best effort, and I ask the same from others. The results will be what they will be. With this approach, I have since found that the results have gotten better.

Have you tried to give your best as opposed to try to meet expectations?

STÉFAN DANIS IS THE CEO OF NEXCA-REER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER



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When campus meets community

Come on in! Canada's post-secondary school grounds are shifting from hidden away to becoming essential parts of their neighbourhoods

Historically, universities have been designed to feel like an educational oasis. Courtyards, student housing and large heritage buildings often give campus dwellers a feeling of exclusion from the rest of the city.

This is reflected in university layouts such as those found at the University of Toronto and McGill University — both established in the 1820s.

While architecturally significant, schools can often feel like they have their back to their communities.

But now, post-secondary institutions are making an attempt to change that. There is a new focus on creating better integration between schools and the communities that host them.



The digital media lab at the University of Waterloo's Stratford Campus has been designed to merge the school with the surrounding city. CONTRIBUTED

George Brown's new campus in downtown Toronto exposes pedestrians to the culinary school. Transparent walls provide a view into the school's learning restaurant.

In Montreal, a task force was created to ensure that future development at McGill

continues to bring value to the surrounding areas and greater Montreal.

Another example is University of Waterloo's Stratford campus. The year-old digital media lab has been designed to connect to the city.

Large glass windows help

Educated and open

"These activities at school like research, critical thinking, dreaming, all those innovative things, we have a tendency to become inwardly focused at universities, but this building doesn't allow that."

Ginny Dybenko
Executive director at University of Waterloo Stratford

to open the school up to the community. A three-storey, 150-screen digital media wall permanently displaying student work, and other information that serves the city, can be seen from outside of the building.

The third floor's open space and outdoor deck gets plenty of use from other companies — helping the school develop relationships with other organizations.

But does this new concept actually make a difference? Ginny Dybenko, executive director at University of Waterloo Stratford says universities must be connected to the community to be relevant.

"It's part of our role to create people who can contribute to the world. Having a space that encourages community and industry partners is very helpful," says Dybenko, who added it also directly affects students.

"These activities at school like research, critical thinking, dreaming, all those innovative things, we have a tendency to become inwardly focused at

universities, but this building doesn't allow that."

Dybenko said there was always the idea to have something a little different when it came to designing the school's digital media centre.

Paul Stevens, a senior partner at ZAS, the architects behind the Stratford campus, says university architecture has changed over time.

"There was a serious attempt to integrate it to the street. It was designed to showcase the programs and accomplishments of that campus. You want it to contribute to the cultural life of the city."

METRO WORLD NEWS

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High-flying Seahawks fall prey to division rival 49ers

NFL. San Fran keeps its NFC West title hopes alive by edging Seattle

The San Francisco 49ers aren't handing over their two-year division reign just yet. And certainly not on their home field where they rarely lose against the NFC West.

Phil Dawson kicked a 22-yard field goal with 26 seconds remaining and the Niners held off the nemesis Seahawks 19-17 on Sunday, denying Seattle a chance to clinch the division at Candlestick Park.

Frank Gore broke a 51-yard gain with just more than four minutes left to set up the go-ahead 11-play, 76-yard drive as the 49ers (9-4) kept the playoff-bound Seahawks (11-2) from grabbing away the West in San Francisco.

Dawson's fourth field goal of the day gave him 20 straight converted field goals, a franchise record topping Joe Nedney's 18 consecutive in 2006-07.

Russell Wilson threw a 39-yard touchdown pass to Luke Willson and Marshawn Lynch ran for an 11-yard score for Seattle.

The 49ers are unbeaten at

Winning streak over

The Seahawks had their seven-game winning streak snapped since an Oct. 6 loss at Indianapolis. They had won the last two meetings, both at home, by outscoring the 49ers 71-16.

home against the West since losing to the Seahawks on Oct. 26, 2008.

In an emotionally fuelled afternoon of missed chances and costly penalties, this rivalry game more than lived up to the hype. Seattle was denied a chance for its franchise-best sixth road victory, while the 49ers know they need every win the rest of the way for their own playoff positioning.

Eric Wright, who briefly left the game with a head injury, intercepted a last-ditch deep pass by Wilson with nine seconds left to seal it.

The two young quarterbacks finished with nearly the same stats lines. Wilson went 15 of 25 for 199 yards and a touchdown with one interception, while counterpart Colin Kaepernick threw for 175 yards and completed 15 of his 29 passes with a TD and an interception. **THE ASSOCIATED PRESS**



Colin Kaepernick of the 49ers scrambles with the Seahawks' Bobby Wagner in pursuit on Sunday in San Francisco.

THEARON W. HENDERSON/GETTY IMAGES

Snow wreaks havoc on the gridiron



The Lions' Jeremy Ross grabs the Eagles' DeSean Jackson on Sunday in Philadelphia. **THE ASSOCIATED PRESS**

The NFL often promotes football as a bad weather sport. It got its share early Sunday in Philadelphia, Baltimore, Washington and Pittsburgh.

"You got to go out there and play no matter what kind of conditions outside — sleet, snow, you got to go," Chiefs running back Jamaal Charles said.

Blowing snow made trac-

tion and visibility difficult for the Lions at Eagles, Vikings at Ravens, Chiefs at Redskins, and Dolphins at Steelers. Detroit running back Reggie Bush injured himself on the slippery field at the Linc in warm-ups and did not play in the Lions' 34-20 loss.

Vikings star running back Adrian Peterson, the 2012 NFL MVP, hurt his ankle on

the slick turf in the second quarter. The Ravens won 29-26.

The snow so obscured the yard markers it was nearly impossible for fans to tell exactly where the ball was at all four stadiums. Televising networks superimposed the yard lines and numbers for viewers at home.

Small tractors with plows,

and workers with shovels tried to clear the snow during Baltimore's 29-26 victory, to no avail. Workers used hand-held snow blowers in Philadelphia, with little effect.

Conditions were at their worst in Philly, where predictions had been for a bit of snow later in the day, not a full-scale squall.

THE ASSOCIATED PRESS

Olympic memorabilia

Gold medal fetches \$1.4M at auction

An Olympic gold medal won by Jesse Owens at the 1936 Berlin Games has sold for a record \$1.4 million in an online auction.

SCP Auctions said Pittsburgh Penguins co-owner Ron Burkle paid \$1,466,574, the highest price for a piece

of Olympic memorabilia. The online auction ended Sunday.

Owens won gold in the 100- and 200-metres, 400 relay and long jump at the games attended by Adolph Hitler, who used the Olympics to showcase his ideas of Aryan supremacy.

According to the auction house, the medal is unidentifiable to a specific event. **THE ASSOCIATED PRESS**

Olympics

Canada locks down 3rd seed in women's team pursuit

Canada will be the third seed in women's team pursuit at the upcoming Winter Olympics after a fifth-place finish on Sunday at a long-track speedskating World Cup event.

Winnipeg's Brittany Schussler, Ottawa's Ivanie Blondin and Regina's Kali Christ posted a six-lap time of three minutes 2.81 seconds, missing out on a bronze medal by 0.77 seconds.

Canada's roster for the team pursuit at the Sochi Olympics in February will be decided after the speedskating trials in Calgary in late December and early January. **THE CANADIAN PRESS**

LPGA

Ko wins 1st title as a pro in 2nd try

Lydia Ko rallied to win her first title as a professional.

The 16-year-old from New Zealand won the Swinging Skirts World Ladies Masters on Sunday, closing with a 4-under 68 for a three-stroke victory. **THE ASSOCIATED PRESS**

NBA

Raptors ease coffers with Gay trade

General manager Masai Ujiri is on the verge of a monster trade to continue the building process in Toronto with the Raptors.

A deal that would send Rudy Gay, Quincy Acy and Aaron Gray to the Sacramento Kings for point guard Greivis Vasquez, Patrick Patterson, Chuck Hayes and John Salmons will get NBA league approval Monday morning, league sources said, as the process of long-term building for Toronto moves into high gear.

First reported by Yahoo Sports and confirmed by Raptors and league sources, the deal meant none of Gay, Gray or Acy played for Toronto in Los Angeles against the Lakers on Sunday night while team officials awaited Monday's league approval.

It is by far Ujiri's boldest and most significant move as the Raptors general manager and a clear message to fans that he is far more concerned with the long-term future of the roster than this season.

Only Vasquez, who would



The Raptors traded Rudy Gay to the Sacramento Kings on Sunday night, pending league approval. TORSTAR NEWS SERVICE

immediately be the primary backup to point guard Kyle Lowry, can be seen as a vital part; according to sources close to the Kings, the other players in the trade are bit players at the most.

And by divesting himself of Gay's substantial contract — with this season and next at about \$38 million — Ujiri would have ridden himself of his most costly player and eased a logjam that exists with Gay and DeMar DeRozan.

There is no long-term financial risk with the players coming back.

TORSTAR NEWS SERVICE

Jacobs books trip to Sochi

Curling. Sault Ste. Marie skip triumphs over Morris at Canadian Olympic trials

It was fitting that Brad Jacobs sealed his right to represent Canada at the Olympics with one more big-weight double Sunday afternoon, and he never even considered a less risky shot.

"You're throwing that double to win the game," he said after beating John Morris 7-4 at MTS Centre in Winnipeg.

He said his third, Ryan Fry, told him it was coming.

"Fry said it to me, 'You're going to have a double either way here and we're playing it.' So my mind was already wrapped around some big weight shot before I even threw it."

Jacobs joins Winnipeg's Jennifer Jones, who defeated Sherry Middaugh 8-4 Saturday night to win the women's slot, the one prize that has eluded her in a championship-filled

Homan's ouster

Reigning Canadian champion Rachel Homan of Ottawa lost 10-4 to Sherry Middaugh in the semifinal on Friday night.

career.

Jacobs went into the game as the favourite, after earning his final spot by sweeping the round robin seven straight with a hard-hitting, muscular, fist-pumping brand of curling that delighted the crowd.

It's also clean and near perfect when it counts.

"That's our style," he said.

With no hometown heroes left to root for Sunday at the Tim Hortons Roar of the Rings, the crowd switched its allegiance to the Jacobs rink.

It doesn't hurt that Winnipeg-born Ryan Fry — the son of Manitoba curling legend and Brier winner Barry Fry — now plays third. E.J. Harnden is at second and brother Ryan Harnden at lead for the rink based out of Sault Ste. Marie, Ont.

THE CANADIAN PRESS



Jennifer Jones and Brad Jacobs booked spots in the Olympics with victories at the Roar of the Rings in Winnipeg over the weekend. JOHN WOODS/THE CANADIAN PRESS



Wielding hot goalie, Wild get win over Sharks

The San Jose Sharks' Antti Niemi stops a shot from the Wild's Dany Heatley on Sunday night in St. Paul, Minn. Zach Parise scored two, Mikko Koivo one and Josh Harding stopped 37 shots as the Wild won 3-1. ANN HEISENFELT/THE ASSOCIATED PRESS

NHL

Back problems sideline Lecavalier

Philadelphia Flyers forward Vinny Lecavalier could miss a month because of a non-displaced fracture in his lower back.

Lecavalier has already missed three games due to back spasms. He leads the Flyers with five power-play goals. THE ASSOCIATED PRESS

Skiing



"I know I can win again.... I'm ready for Sochi."

Lindsey Vonn after a fifth-place finish in the World Cup super-G on Sunday in Lake Louise, Alta., her third race in three days. Until this past weekend, the 29-year-old American had not competed since a crash last February ripped two ligaments in her right knee and broke a bone in that leg.

Rugby

Mack's attack not enough to lead Canada past Scots

Phil Mack scored two tries as Canada's men's rugby sevens team lost to Scotland 19-12 on Sunday in the final of the Shield in Port Elizabeth, South Africa, after defeating Zimbabwe 24-10 earlier. THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	30	20	8	2	84	61	42
Montreal	31	19	9	3	85	65	41
Detroit	31	15	9	7	85	82	37
Tampa Bay	29	17	10	2	80	70	36
Toronto	31	16	12	3	86	87	35
Ottawa	30	11	14	5	86	99	27
Florida	31	9	17	5	70	104	23
Buffalo	30	6	22	2	51	91	14

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	31	20	10	1	96	70	41
Washington	30	16	12	2	92	85	34
Carolina	30	13	12	5	71	84	31
NY Rangers	31	15	15	1	69	80	31
New Jersey	31	12	13	6	69	77	30
Philadelphia	29	13	14	2	64	73	28
Columbus	29	12	14	3	72	80	27
NY Islanders	30	8	17	5	75	104	21

Sunday's results

Minnesota 3 San Jose 1
Chicago 6 Florida 2
Boston 5 Toronto 2

Washington 4 NY Rangers 1
Vancouver 3 Colorado 1

Saturday's results

Dallas 5 Philadelphia 1
Winnipeg 2 Tampa Bay 1 (OT)
Washington 5 Nashville 2
Boston 3 Pittsburgh 2
Florida 2 Detroit 1

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	15	27	42
Malkin, Pgh	7	30	37
Getzlaf, Ana	16	20	36
Kane, Chi	16	18	34

NFL

WEEK 14

Sunday's results

Kansas City 45 Washington 10
Baltimore 29 Minnesota 26
Tampa Bay 27 Buffalo 6
N.Y. Jets 37 Oakland 28
Miami 34 Pittsburgh 28
New England 27 Cleveland 26
Cincinnati 42 Indianapolis 28

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	32	21	6	5	116	89	47
St. Louis	28	19	6	3	98	66	41
Minnesota	32	18	9	5	77	75	41
Colorado	28	20	8	0	82	65	40
Dallas	28	14	9	5	81	80	33
Winnipeg	31	14	13	4	82	88	32
Nashville	30	13	14	3	67	88	29

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	32	20	7	5	101	84	45
San Jose	30	19	6	5	101	75	43
Los Angeles	30	19	7	4	79	62	42
Vancouver	32	17	10	5	86	81	39
Phoenix	29	16	8	5	94	93	37
Calgary	29	11	14	4	78	98	26
Edmonton	31	10	18	3	84	105	23

Note: Two points for a win, one point for overtime loss.

Montreal 3 Buffalo 2
Toronto 4 Ottawa 3 (SO)
New Jersey 4 NY Rangers 3 (OT)
Anaheim 5 St. Louis 2
Calgary 2 Edmonton 1 (OT)
Los Angeles 3 NY Islanders 0
Monday's games — All Times Eastern
Philadelphia at Ottawa, 7:30 p.m.
Columbus at Pittsburgh, 7:30 p.m.
NY Islanders at Anaheim, 10 p.m.
Carolina at Vancouver, 10 p.m.

	W	L	Pct	GB
Perry, Ana	18	15	.33	
Steen, STL	20	12	.32	
Tavares, NYI	11	21	.32	
Thornton, SJ	5	27	.32	
Ovechkin, Wash	22	9	.31	
Kunitz, Pgh	17	14	.31	

Not including last night's games

Green Bay 22 Atlanta 21
Philadelphia 34 Detroit 20
Denver 51 Tennessee 28
San Diego 37 N.Y. Giants 14
San Francisco 19 Seattle 17
Arizona 30 St. Louis 10
New Orleans 31 Carolina 13
Monday's game — All Times Eastern
Dallas at Chicago, 8:40 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	18	3	.857	—
d-Miami	16	5	.762	2
Atlanta	11	10	.524	7
d-Boston	10	12	.455	8 1/2
Detroit	10	11	.476	8
Washington	9	10	.474	8
Charlotte	9	11	.450	8 1/2
Chicago	8	10	.444	8 1/2
Toronto	7	12	.368	10
Cleveland	7	13	.350	10 1/2
Philadelphia	7	14	.333	11
Orlando	6	14	.300	11 1/2
Brooklyn	6	14	.300	11 1/2
New York	5	14	.263	12
Milwaukee	4	16	.200	13 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
d-Portland	17	4	.810	—
Oklahoma City	15	4	.789	1
d-San Antonio	15	4	.789	1
d-L.A. Clippers	13	8	.619	4
Houston	15	7	.682	2 1/2
Dallas	13	8	.619	4
Denver	12	8	.600	4 1/2
Golden State	12	9	.571	5
Phoenix	11	9	.550	5 1/2
L.A. Lakers	10	10	.500	6 1/2
New Orleans	9	10	.474	7
Memphis	9	10	.474	7
Minnesota	9	11	.450	7 1/2
Sacramento	5	13	.278	10 1/2
Utah	4	18	.182	13 1/2

d - division leaders

Sunday's results

Boston 114 New York 73
Miami 110 Detroit 95
Houston 98 Orlando 88
Oklahoma City 118 Indiana 94
Toronto 106 L.A. Lakers 94
Monday's games — All Times Eastern
L.A. Clippers at Philadelphia, 7 p.m.
Golden State at Charlotte, 7 p.m.
Denver at Washington, 7 p.m.
Orlando at Memphis, 8 p.m.
Portland at Utah, 9 p.m.
Dallas at Sacramento, 10 p.m.

MLS

MLS CUP

Saturday's result

Sporting Kansas City 1 Real Salt Lake 1
(Sporting K.C. wins 7-6 on penalty kicks)

Horoscopes

Aries

March 21 - April 21

You may be open and honest by nature but is letting any one and everyone know what you are thinking such a good idea?

Taurus

April 21 - May 21

There is a lot of pressure on you at the moment, the sort that would make other people crack. But you're not other people, you're a Taurus, and giving in and giving up are not in your nature. What's the worst that can happen?

Gemini

May 22 - June 21

You may have to be cruel to be kind today. The planets indicate that someone you are close to emotionally needs to be reminded that they can't always have things their own way.

Cancer

June 22 - July 23

Jupiter in your sign is giving you plenty of big ideas but because the planet of expansion is moving retrograde at the moment you must take care.

Leo

July 24 - Aug. 23

Whatever your current problems may be they're not as bad as they seem.

Virgo

Aug. 24 - Sept. 23

You will encounter hostility of some sort over the next 24 hours, most likely from someone who resents your ability to point out where they are going wrong. If it gets heated you would be wise to turn your back and walk away.

Libra

Sept. 24 - Oct. 23

Make a point of respecting other people's right to have opinions you don't agree with. If you must criticize what they say at least do so in a civilized fashion.

Scorpio

Oct. 24 - Nov. 22

No matter how honest you think someone may be you would be wise not to let them make decisions for you today, especially if those decisions involve your hard-earned cash.

Sagittarius

Nov. 23 - Dec. 21

Some of the people you have to deal with today will drag their feet and find excuses why they cannot deliver what you require.

Capricorn

Dec. 22 - Jan. 20

Someone you work or do business with has been taking liberties of late and you are almost at the point where you have to say something rude.

Aquarius

Jan. 21 - Feb. 19

Try not to get excited about something that is not important today or you may miss out on something that is. There are so many distractions in your life at the moment that your brain cannot possibly keep track of them all.

Pisces

Feb. 20 - March 20

If you are smart you will tone down some of your more outrageous ideas today, at least while in the presence of people you need to stay on good terms with.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Southern Manitoba community
7. Good: French
11. Knee injury [acronym]
14. Flip over the 'Closed' sign
15. To, archaically
16. Francis __, "Love Story" (1970) score composer
17. Tempt the fish again
18. "We are __ / We are golden..." - Joni Mitchell, "Woodstock"
20. __ Paulo, Brazil
21. Second Cup offering
23. Medieval helmet
24. Stone __
26. Raise
27. Blue dye
28. Imperativeness
30. Niagara-on-the-Lake export
33. Communicate in the direction of, lion-style: 2 wds.
34. Some papers
35. Holiday __
36. Explanatory picture
38. Guileful
41. Religious orders
42. Kitchen gadget, lemon __
44. Early computer programming language
47. Monty __ Flying Circus

48. Prefix with 'logical'
49. Eyes: Spanish
51. Tycoon Mr. 'O'
52. "Chip ' __: Rescue Rangers"
54. Terra __
56. "Oh, give __ home..."
58. Group of Seven

- member, __-__ (b.1898 - d.1992)
60. Cleopatra's guy
62. Batch
63. Leaning Tower of __
64. Bring on
65. Charlotte's Web author Mr. White, et al.

66. Hair accessories
67. Took a breather

Down

1. Train stn. postings
2. Canada's 'Metal Queen', born in Belleville, ON: 2 wds.
3. Sled
4. __-locka, Florida
5. Mr. Young
6. Lieu of Prince Harry's current charity trek: 2 wds.
7. Rapper, __ Rhymes
8. The BC __
9. 7th Greek letter
10. Romance novelist Ms. Roberts
11. Reunion at-

- tendees
12. __ point... (For example...)
13. Small
19. Sketches
22. Scottish writer, Josephine __
25. 'Ballad' suffix
28. Spoonbender Mr. Geller
29. Consumer advocate, Ralph __
31. Emily Carr's painting The __ recently sold for \$3.39 million, a record-breaking auction price for her
32. Ant, archaically
34. Friends of HJKs
37. Free: 3 wds.
38. Leave in a huff: 2 wds.
39. Mildness, as in a judge's ruling
40. Mos. and mos.
41. Tunic of ancient Rome
43. Doo-Wop music syllable
44. Closing curtain
45. Honey Do List task: 2 wds.
46. Is affected by
47. Plant holder
50. The __ Brothers
53. Sporty TV network
55. Author Ms. Rice
57. Positively-replied at sea
59. "Sprechen __ Deutsch?"
61. QB's feats

Friday's Crossword

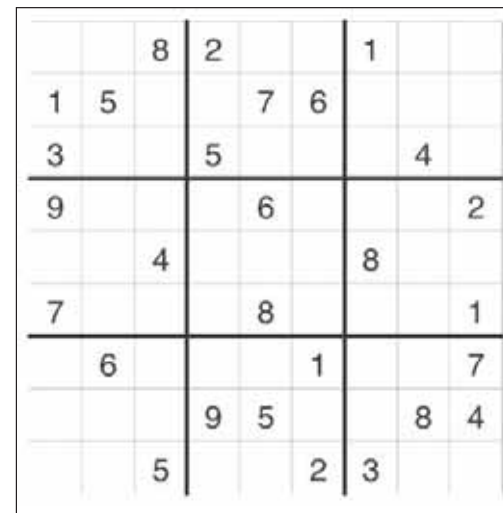


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY



MAX: -22°
MIN: -27°

TUESDAY



MAX: -22°
MIN: -28°

WEDNESDAY



MAX: -23°
MIN: -25°



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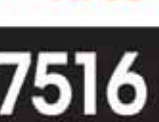
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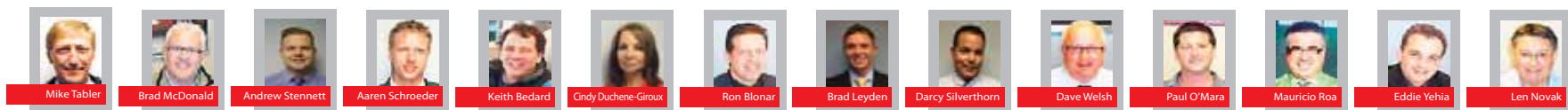
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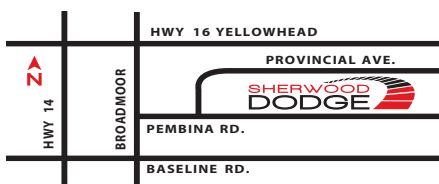
#0657 **NEW 2013 RAM 2500 CREW 4X4 SXT**
Reg: \$50,189 Discount: \$14,199
CLEAROUT: \$35,990
OWN ME \$210 B/W

#3943 **NEW 2013 RAM 3500 CREW 4X4 CUMMINS SLT**
Reg: \$67,784 Discount: \$17,794
CLEAROUT: \$49,990
OWN ME \$292 B/W

#6059 **NEW 2013 RAM 3500 CREW LARAMIE CUMMINS 4X4**
Reg: \$79,404 Discount: \$18,414
CLEAROUT: \$60,990
OWN ME \$356 B/W



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Disclaimer: All prices are net of GST and include all dealer discounts and manufacturer rebates available. File photo used, vehicles may not be exactly as illustrated. Payments based on 96 mos term at 4.99% apr and are OAC. IE: 2013 Dodge Durango SXT AWD for \$33990, \$199 b/w for 96 mos with cob of \$7180. Please contact us with any questions on vehicles, options, terms, pricing.